Responsible Drinking & Addiction Information

59TH MDW

Trainee Adjustment Assistance

Alcoholism is a primary, chronic disease with genetic, psychosocial, and environmental factors influencing its development and

The disease is often progressive & fatal.

It is characterized by continuous or periodic: impaired control over drinking, preoccupation with the drug alcohol, use of alcohol despite adverse consequences, and distortions in thinking, most notably denial

* 33 % are non-drinkers (less than 3 a year)
* 33% are light drinkers (more than 3 a year, less than 4 a week)
* 20% are moderate drinkers (4-14 week)
* 14% are heavy drinkers (14 or more drinks a

100,000 alcohol related deaths annually in USA

400,000 tobacco related deaths annually in USA

Other Addictions

- Street drugs / Inhalants
- Dangerous Activities / Thrill Seeking
- Prescription drugs
- Sex
- Gambling
- Anger/Violence/Power & Control/Abuse
- Spending
- Stock Market
- Caffeine
- Stealing
- Fire setting

Why Do We Do These Things?

- **We do mood-altering activities because they alter our mood.**

How Do I Know If I Have a Problem?

- Am I hurting myself?
- Am I hurting someone else?

Remember DENIAL?

- **Do I get concerned with my ____ behavior?**
- **Do I get annoyed when people criticize my ____ behavior?**
- **Do I feel guilty about my ____ behavior or my ____ related behaviors?**
- **Do I have to do my _____ to get to feeling normal or get myself right?**

The appropriate use of legal, addictive drugs (tobacco & alcohol) carries risks and responsibilities with it

Safe Alcohol Use Surgeon General Recommendations:

- 1 to 2 drinks if a male, never more than 3 in one sitting
- 1 drink for females, never more than 2
- 0 drinks if alcoholic, taking medications, have an illness made worse by alcohol, if pregnant or trying to conceive, an athlete in training, have depression, doing anything that requires judgment that may endanger life (like driving a car or boat)
- 5 drinks in a sitting = a binge

Einstein Said:

- **The difference between genius and stupidity is that genius knows its limits.**

Thanks For Your Time & Your Attention!

Any Questions?